WHAT IS COVID-19?
Coronavirus Disease 2019 (COVID-19) is a respiratory virus that is spreading worldwide, and was first identified in December 2019.

The Long Beach Health Department is closely monitoring the situation and taking steps to keep Long Beach safe.

WHAT ARE THE SYMPTOMS?
Current symptoms reported have included mild to severe respiratory illness with fever, cough, and difficulty breathing.

I FEEL ILL, WHAT DO I DO?
If you are experiencing fever, cough or shortness of breath call your doctor first. They will provide you with next step instructions. If it is a life threatening emergency, then call 911.

IF YOU ARE AT GREATER RISK OF ILLNESS, THE CDC RECOMMENDS THAT YOU:
Make sure you have access to several weeks of medications, food and supplies, in case you need to stay home. Many pharmacies offer delivery for medication.

WAYS TO STAY HEALTHY
- Wash your hands with soap and water often for at least 20 seconds
- Avoid touching eyes, nose, and mouth with unwashed hands
- Avoid contact with people who are sick
- Cover your cough or sneeze with a tissue and throw the tissue in the trash
- Stay home if you are sick
- Clean and disinfect frequently touched objects and surfaces

Information adapted from LA County Department of Public Health Updated: 3/13/20